



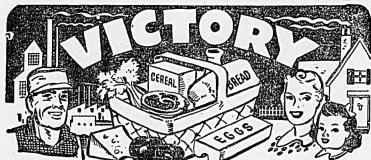
**Picobac**  
IT DOES TASTE GOOD  
IN A PIPE!  
GROWN IN SUNNY, SOUTHERN ONTARIO

## A Bond Of Empire

**THE STABILITY OF THE STRUCTURE** of the British Empire has been a subject of discussion and conjecture among certain groups for some time. These groups are made up largely of people not living within the Empire, and doubtless their views are influenced to some extent by wishful thinking. They have, nevertheless, received some publicity which has led to considerable thought and discussion on the subject. Events of the past four years have shown beyond doubt that the ties which join together the various parts of the Empire have never been stronger than they are today. The most recent assurance of this fact has come in the appointment of His Royal Highness the Duke of Gloucester, the King's brother, as the Governor-General of the Commonwealth of Australia. This appointment is seen by many as an emphatic reply to those who have sought to show that there is disunity within the Empire, for it was made at the request of Prime Minister Curtin, the head of Australia's Labour government.

**Duke Followed** The Duke of Gloucester, who is forty-three years old, chose to follow a military career and studied at the cavalry school at Sandhurst after leaving Etton. He was appointed chief liaison officer to the British forces shortly after the outbreak of the war, and he served in France and Belgium before the fall of those countries in the spring of 1940. He had since served as chief liaison officer to Home Forces' Headquarters and in that capacity he is well known to many members of the Canadian Army. Although he always held interest in his family's name in the army, he has not let it interfere with his public obligations as a member of the Royal Family. It's not that he's accepting the exciting post as Governor-General of Australia; he's once again displaying his willingness to serve the Empire. The Duchess of Gloucester, who has been active in war work in Britain, and is honorary chief commandant of the Women's Auxiliary Air Force, is held in high esteem by the British people, and is said to be exceptionally well fitted to fill the rôle of chateaine of Australia's Government House at Canberra.

**Enthusiasm Is Shown By Press** It has been known for some time that the Australian public has favored the choice of one of their own people for the post of Governor-General. It is considered deeply significant, therefore, that the Labour government of Premier John Curtin, requested the appointment of a member of the British royal family at this time. The Australian press welcomed the announcement with enthusiasm and the Sydney Morning Herald carried an editorial on the subject which said, in part: "King George has honored Australia by designating his younger brother, the Duke of Gloucester, to represent him in the Commonwealth. For the first time a brother of the reigning King will become Governor-General of the Dominion and the significance of this development will not be lost upon the outside world." Prime Minister Churchill has said on more than one occasion that he did not intend to preside over the disintegration of the British Empire, and events are bearing out the wisdom of his statement.



### HEALTH LEAGUE OF CANADA COOKING VEGETABLES FOR VITAMIN PRESERVATION

We now know that the method of cooking vegetables is just as important as the choice, in obtaining a maximum amount of vitamins and minerals. Eating raw vegetables is the best way to get vitamins and minerals, but almost all vegetables can be cooked satisfactorily if you steam, practically all vegetables and as they are not in the water, only the vitamins destroyed by heat (about 10% B1) are lost. If we boil the vegetables and throw the water away, as most of us do, vitamins C and members of the Vitamin B complex are lost because they are water soluble. Most of us cook vegetables in too much water, but this is not necessary if they are covered with water. In the case of leafy vegetables just the water that clings to the leaves after washing is necessary.

We should divide vegetables into two classes:

1. The leafy vegetables, chard, spinach, cabbage, broccoli and strong flavored vegetables such as onions, turnips and Kohlrabi are cooked without a cover.

2. The other ones, beets, carrots, corn, parsnips, peas, potatoes, salsify, squash, string beans are cooked with a cover.

If you follow these few rules in cooking you will be getting the maximum from your vegetables:

1. Use raw vegetables.
2. Bake or steam them frequently.
3. Boil vegetables in skins if possible, in little water and only until they are done.
4. Wash, prepare and vegetables just before cooking.
5. Use as little water for soups, sauces, etc.
6. Serve immediately.

A post card request to the Western Division Health League of Canada, 111 Avenue Road, Toronto, will bring you a free copy of its authoritative Vitamin Chart.

Angel Falls, in Venezuela drops about a mile, the greatest drop in the world.

### Modest Millionaire

Wealthy Man In Britain Who Gave Away Millions Of Dollars

To have been one of England's two wealthiest men and lived so quietly that comparatively few persons, either in Great Britain or outside of it, had ever heard of him, was the singular obscurity achieved by Joseph Rank, master miller, who died recently in his Victorian home, near London, aged 89.

Mr. Rank loathed publicity and his name seldom appeared in the newspapers. He was so genuinely modest and minimized his own importance, that only three lines appeared about him in the British Who's Who.

He went about doing good by stealth and gave away millions of dollars during his lifetime. His fortune has been estimated at well over \$100,000,000.—Hamilton Spectator.

**ULCERS - SORES - ECZEMA**  
Nurse Donicker's Ointments used by Nurses, Doctors, and physicians year after year with amazing satisfaction. Simple home remedies for ulcers, sores, eczema, ringworm, warts, boils, etc. Write today for Free Trial and Testimony without obligation. Nurse Donicker's Remedy. Mrs. Joyce, Bob P.O. Vancouver, B.C. FREE TRIAL  
**LACTIS-ORA** is not new, nor is it a mouth wash. Dentists have used it for 15 years for bleeding sores, sore gums, trench mouth, pyorrhoea, halitosis, bad breath and all infections of the gums.  
Approved Proprietary Medicine Act.  
SEND 9¢ REAUD LABORATORIES POSTPAID CALGARY - ALBERTA

## WINGS PARADE



### LIST OF GRADUATES

The following students graduated under the British Commonwealth Air Training plan from:  
No. 17 Service Flying Training School, Southern Region—  
Sgt. R. Christianson, Charlottes, Alta.  
Sgt. A. Olson, Brown, Man.  
Sgt. D. W. Parker, Fortrose, Sask.  
Sgt. R. O. Wood, Portage la Prairie, Man.  
Sgt. C. J. Bunting, Richlea, Sask.  
Sgt. L. E. Chapman, Elkhorn, Sask.  
Sgt. J. Conner, Portage la Prairie, Man.

No. 7 Bombing and Gunnery School, Paulson, Man., (Wireless Air Gunners)—

Sgt. D. J. Brandt, Winkler, Man.  
Sgt. R. H. Puffer, Neepawa, Man.  
Sgt. E. H. Landolt, Pasqua, Man.  
Sgt. G. W. McLean, Stonewall, Man.

No. 5 Air Observer School, Winnipeg, Man., (Air Navigators)—

Sgt. J. J. Denison, The Pas, Man.

Sgt. H. W. Robinson, Ninga, Man.

Sgt. J. R. Flechner, Yorkton, Sask.

No. 4 Air Observer School, Moose Jaw, Man., (Air Bombers)—

Sgt. M. J. Boulet, Dunree, Man.

Sgt. M. R. McKay, Portage la Prairie, Man.

Sgt. E. G. Kapanish, Carlton, Man.

No. 5 Bombing and Gunnery School, Dafoe, Man., (Wireless Air Gunners)—

Sgt. L. E. Soderlund, Prince Albert, Man.

Sgt. J. L. Traquila, Dafoe, Sask.

No. 3 Bombing and Gunnery School, Macdonald, Man., (Air Gunners)—

Sgt. J. F. Ellington, Winkler, Alta.

Sgt. E. W. Erickson, Watrous, Sask.

Sgt. L. D. Galvin, Burlet, Alta.

Sgt. A. R. Jackson, Norgate, Man.

Sgt. A. K. Kozak, Morden, Sask.

Sgt. L. Matheson, Leepoche, Sask.

Sgt. C. E. Milne, Lucky Lake, Sask.

Sgt. E. W. Moore, Prestville, Alta.

Sgt. G. W. Neufeld, Stettler, Alta.

Sgt. M. J. McMillan, Rolling Hills, Alta.

Sgt. R. Mewhort, Redcliff, Alta.

Sgt. N. Nalbandian, Tyndall, Man.

Sgt. A. Page, Glendon, Sask., Sask.

Sgt. J. M. Ross, Coronation, Alta.

Sgt. D. R. Ross, Gunter, Man.

Sgt. V. S. Sorenson, Frontenac, Sask.

Sgt. W. R. Sturtevant, Merlin, Alta.

Sgt. R. Stevens, Raymond, Alta.

Sgt. F. Taylor, Laconia, Alta.

Sgt. H. W. Whiting, Lethbridge, Alta.

Sgt. J. W. Wooldredge, Dafoe, Man.

Sgt. E. W. Wooldredge, Dafoe, Man.

No. 7 Air Observer School, Portage la Prairie, Man., (All Bombers)—

Sgt. E. C. Anderson, Stettler, Alta.

Sgt. D. R. Cunningham, Warner, Alta.

Sgt. H. M. Munro, Vilna, Alta.

Sgt. B. M. Mowald, Holmfeld, Man.

Sgt. E. B. Wooldredge, Tyndall, Man.

No. 7 Air Observer School, Portage la Prairie, Man., (Air Navigators)—

Sgt. H. S. Turner, Arden, Man.

Sgt. R. W. Whitehead, Calmar, Man.

No. 1 Control and Navigation School, Rivers, Man., (Air Bombers)—

Sgt. G. P. Mitchell, Valco, Sask.

Sgt. H. H. Sims, Dafoe, Sask.

### SMILE AWHILE

"I have been on this train seven years," proudly said the conductor of a slowly moving train.

Passenger—"Is that so? Where did you get on?"

Husband—I have left instruction in my will that I am to be cremated.

Wife—Yes, just like you to go and leave ashes all over the place.

Do you remember Mrs. Smith?"

"I can't say I do."

You must remember her? She was the plainest girl in the village.

But I forgot—that was after you left."

• • •

Yes, he's gone after a job, but I'll never get it. It's clerical work."

"Why, I says to 'im, 'you ain't never done no church work in your life!'"

• • •

"Did you read about that fellow who beat his wife with a golf club?"

"No, how many strokes?"

First Doctor—I had an unusual case today.

Second Doctor—What was it?

First Doctor—I attended a grass widow with hay fever.

Prisoner's Lawyer—Your honor, I beg the sentence be reversed.

Judge—Very well. Fifty years and \$1 fine.

Father, how far is it between your ears?" asked a schoolgirl of her father.

"I think it is 7½ inches," he answered.

"No, father, it is halfway around the block," she declared.

• • •

"I don't like eating hash in a restaurant, where you don't know what's in it."

"That's better than eating it at home, where you do know."

## Legal Department Head

A. Beatty Rosevear, K.C., Senior Solicitor For C.N.R., Western Region.



I FOUND A "BETTER WAY" TO CORRECT MY CONSTIPATION!

This delicious cereal—it's grand tasting in muffins, too—keeps thousands regular, naturally . . . stops their trouble "before it starts". Try this simple plan. Eat KELLOGG'S ALL-BRAN cereal, drink plenty of water . . . and see why it's called a "better way". Your favorite grocer has ALL-BRAN in two convenient sizes. Made by Kellogg's in London, Canada.

## Smallest War Factory

In An English Cottage, Elderly Couple Producing Munitions

Up a winding path, on the edge of the forest in one of the Home counties of England is hidden away one of Britain's smallest war factories.

In this cottage an elderly middle-class couple do an important job for the ministry of supply—they make gauges, accurate to a ten-thousandth of an inch for rifles, Brens, Stens and anti-tank guns.

Working as a partnership, on machinery much of which was invented by the craftsman himself, they have turned out 3,000 of the very essential gauges.

The man, who is known simply as "Mr. Smith", has been an inventor for nearly half a century. He built and designed a special machine car for use by Prince Olaf of Norway.

## Skin Eruptions

Here is a clean, stubby, penetrating antiseptic oil that brings relief from the itching and discomfort.

This oil promotes rapid and healthy healing in open sores and wounds and holds them dry and sealed off in a very few days.

The same oil is used by Dr. Smith to treat skin eruptions, such as eczema, ringworm, scabies, etc.

Yours off the bottle or in the original bottle at any drug store. Satisfaction guaranteed or money back.

## Visit To London

### Members Of Famous Indian Regiments Are Entertained

Representatives of the famous Fourth Indian Division have been on a visit to London. The party included representatives from the 6th Rajputana Rifles, the 2nd and 9th Gurkha Rifles, the 1st and 10th Juniper Regiments, the 10th Baluchistan Regiments and 5th Mahratta Light Infantry and 11th Sikhs Regiment. The contingent, which is typical of the mixed Indian division, also comprises British officers and other ranks from the Royal Sussex and Essex Regiments, as well as the Camerons. On a visit to the East End of London, some of the Indians were decorated with flower garlands.



### Follow Canada's Food Rules for Health and Fitness

**FREE!** A Valuable Recipe Booklet, "Canada's Household Recipes", containing many recipes suited to today's requirements. Send a postcard with your name and address to the Canada Starch Home Service Dept., P.O. Box 217, Winnipeg, Man.

## Ancient Graveyard Was Unearthed In Britain

W. Percival Westell, 69, curator of Letchworth museum in Hertfordshire, and supervisor of excavating work in 1925 which unearthed a Roman cemetery at Baldock, died recently.

The cemetery, covering nearly 1,000 square yards, yielded 320 grave groups, including one with a curse—a leaden tablet pierced with nine holes. In five of the holes iron nails had been inserted. The piercing was stated to indicate the "fixing" power of the curse, which paralyses its victim, depriving him of the strength of life.

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## WORLD FAMOUS Radio Engineers, Scientists and Explorers everywhere insist on Burgess Radio Batteries.

BURGESS BATTERIES ARE MADE IN CANADA

**OUR COMPLETE SHORT STORY—  
YOUTH'S RETURN**

By JEAN CAMERON  
McClure Newspaper Syndicate

He plodded slowly along the gravel walk, his eyes never glancing at the bright flowers set neatly in their plots, the green of the small vegetable gardens, the clean stones of the little thresholds. The houses were becoming more numerous now; soon he would reach the village. The bridge lay just on the other side.

Shifting his hiker's bag to his left shoulder, he walked with his head down, for he could have found his way blindfolded—he did not need to look. His instructions had been to start ten miles from the village, and he was quite tired, but it was not fatigue that caused the deep pain in his heart.

Fifteen years! He could hardly believe it. Apparently things had not changed at all. He could have sworn that the carts and wagons that passed him, pulled by horses and an occasional dog, were the same in which he had ridden so often in the past. The fences were the same; the cloud of dust at the summit of the hill was the same. He paused there, at the top, and stared at the village just ahead of him.

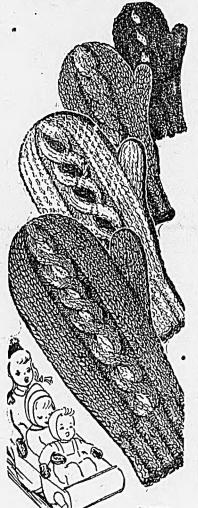
So he returned to the people who had taken him in when his nation was starving, fed him, clothed him, sent him to their schools—how else could he have spoken their language so well?—made him one of them. He would notice the fortifications at the bridge, the guards—how often and when they changed, how many there were, any slight difference in their uniforms—then tramp back and make his report, as so many others were doing. No one knew; no one guessed. The value of the whole scheme lay in its surprise element; if they knew, if they learned, perhaps the whole idea would be abandoned. If he told—if he ran down to the village and cried, "Don't you remember me? I am the little boy who lived here fifteen years ago, come back in treachery . . ."

His head went up; his jaw stiffened. This was his duty. He would obey orders, think of them what he might. He was no longer a person; he was a soldier acting under command. He strode on steadily.

But he was glad—ah, but he was glad—that George and Martha were dead. He could never have borne the pain of coming back if they were here, of betraying them. George had been to him like the father he had never seen, and Martha, with her gingerbread, her warm smile, her work-hardened hands, had been like his own mother. They had wept bitterly when the four years of his stay had ended, had turned to him and then suddenly both were dead. He had wept, too, when he received that letter.

He must be careful not to look at the little cottage. It might unnerve him, make him think of what it would look like afterwards when the plan he was helping succeeded. The new tenants, no doubt, had different plots in the garden. There might be different curtains at the windows. But the old trees would be the same. A new dog would nose about. He sighed. He had loved old Rex, the lumbering water spaniel. They had spent many hours playing together in the yard and down by the canal.

He did not rise. His hand continued to rub the dog's long ears, the coarse hair that had once been so fine and silky. In a moment she called someone; he was caught, captured and all he felt was relief, a great wave of relief sweeping over him.

**For Little Hands**

7658

These colorful, warm mittens for kiddies may be made in any of four sizes so that you can fit the gangling half-pint right down to the chubby tot. Contrasting colors make woven through the easy cable stitch. Pattern 7658 contains instructions for mittens in 4, 6, 8 and 10-year size: stitches.

To earn this pattern send twenty cents in coins (stamps cannot be accepted) to Household Arts Department, Winnipeg, Newspaper Union, 1255 Portage Avenue, Winnipeg, Man. Be sure to write plainly your Name, Address and Pattern Number. "Because of the slowness of the mails delivery of our patterns may take a few days longer than usual."

**CHEST COLD MISERY**

First—rub throat, chest, and back with Vicks VapoRub at bedtime. THEN—spread a thick layer of Vicks VapoRub on the chest and cover with a warmed cloth.

**RIGHT AWAY.** VapoRub goes to work—pains disappear—causes muscular soreness or tightness helps clear upper air passages—relieves coughing. Brings wonderful comfort and eases restful sleep.

**VICKS VAPORUB**

Relieves distress from MONTHLY FEMALE WEAKNESS

Lydian E. Plankham's Vegetable Compound not only helps relieve menstrual pains, but relieves other feelings—due to monthly functional disturbances. It helps build up the body and tones it up during "difficult days." Made in Canada.

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**Pensions For Farmers**

Alberta Wheat Pool Pensions Plan For Pool Members

Delegates attending the annual convention of the Alberta wheat pool approved a resolution providing for a contributory pension plan for wheat pool members.

It provided that the directors be asked to investigate the matter and present a plan for discussion at the 1944 convention. The idea was based on the making of deductions from the returns of grains marketed through pool elevators, the amounts to be applied to a fund which would provide pensions for farmer members of the pool.

Mr. Antonson pointed out that citizens engaged in occupations other than farming are finding means of obtaining pensions for their old age, but to date farmers had not made any provision toward that end.

Rangoon has a population of 400,000.

# Checked and Rechecked for Quality



EACH "Eveready" Flashlight Battery must pass the same rigid tests for quality as in pre-war years. Remember, too, the date-line on the jacket is your guarantee of freshness.

When you need to re-load your flashlight, choose the batteries which have been preferred by Canadians for more than a quarter century—"Eveready" Batteries.

"They Last Longer"

## EVEREADY TRADE-MARK FLASHLIGHT BATTERIES

Canadian National Carbon Company Limited  
Halifax Montreal Toronto Winnipeg Vancouver

must excuse him. It is astonishing that he notices a stranger. He lies in the sun all day . . . now, can it be you? I would never have known you. You remember? I lived next door, and we took in the dog when Martha died." Her look of welcome faded; she stared at him in bewilderment. "But we understood you were conscripted for three years! You are in the army? HERE, in these clothes?"

He did not rise. His hand continued to rub the dog's long ears, the coarse hair that had once been so fine and silky. In a moment she called someone; he was caught, captured and all he felt was relief, a great wave of relief sweeping over him.

**Never Without Crew**

British Merchant Ships Kept Sailing  
In Spite Of Losses

No nation has suffered like Britain in losses at sea. British ships that have been sunk carrying materials on the seven seas, particularly the Atlantic, reach a staggering figure. And the toll of British seamen who manned the ships has been correspondingly high. More than 16,000 British merchant seamen have lost their lives at sea through enemy action since the beginning of the war. But never once has the sailing of a ship from a British port been delayed through want of a crew—the Sentinel.

**SELECTED RECIPES****APPLESAUCE CAKE**

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup shortening  
 $\frac{1}{2}$  cup brown sugar, firmly packed  
 $\frac{1}{2}$  cup Crown Brand Corn Syrup  
1 egg, unbeaten  
2 cups sifted all-purpose flour  
 $\frac{1}{2}$  cup baking soda  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon ground cinnamon  
1 teaspoon ground cloves  
 $\frac{1}{2}$  teaspoon ground nutmeg  
 $\frac{1}{2}$  cup pick applesauce (unsweetened)  
 $\frac{3}{4}$  cup chopped raisins (if available)

Cream butter, shortening and sugar thoroughly and beat in corn syrup. Add egg, and beat mixture well. Sift together dry ingredients and add to creamed mixture alternately with applesauce. Add raisins. Pour into pan,  $9 \times 13$  inches,  $\frac{1}{2}$  inch deep, waxed paper, and bake in a moderate oven (350 degrees F.) for 50 to 60 minutes. While still warm, dust lightly with powdered sugar. Variation—

Sliced Autumn Raisin (a dessert)—Follow recipe for Applesauce Cake. When batter is ready fill a well-greased, floured (3") mould  $\frac{3}{4}$  full and bake in a moderate oven (325 degrees F.) for 45 to 50 minutes. Turn out while still warm, place in the centre opening of the unmoulded ring place a chilled bowl of Foamy Sauce. Serves 8.

Note: This batter may be baked in well-greased, floured cup-cake tins.

**MIRACLE OF DUNKIRK**

Thanks to the valiant fleet of "little boats", to the Royal Navy and the R.A.F., 224,318 British and 112,107 Allied troops trapped in northern France were rescued from Dunkirk, from May 29th to June 4th, 1940.

**BUILT RESCUE SHIP**

Seaman Basil Izzi was addressing war workers at the Albina Engine and Machine Works in Portland, Oregon. He told of spending 83 days adrift on a raft. When he mentioned the number of the rescue craft that picked him up, his audience cheered. They had built the rescue ship.

A light anti-aircraft aircraft uses up enough ammunition in one minute of intensive firing to fill a three-ton truck.

**MACDONALD'S BRIER**

Never Bites  
CANADA'S STANDARD PIPE & SMOKE

**PATENTS**

AN OFFER TO EVERY INVENTOR  
List of Inventions and full information  
sent free. THE RAMSAY COMPANY,  
Registered Patent Attorneys, 273 Bank  
Street, Ottawa, Canada.

**A FIRST-AID KIT  
IN ONE JAR**

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in U.S.A. payable in advance.

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Meals at all hours

All Kinds Tobacco  
and Cigarettes  
SOFT DRINKS and  
Confectionary  
ICE CREAM

Mah Bros

For  
DRAYING  
Or  
TRUCKING  
Any Kind  
Satisfaction  
Guaranteed  
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## Scholarships Offered For Economic Essays

Scholarships to a total value of \$1,000.00 are offered for competition among Canadian high school students enrolled in matriculation forms by Forward Publishing Company Limited, 92 Adelaide St. West, Toronto, for an essay dealing from a Canadian point of view, with the subject, "Unemployment is caused by Disparity of wages." This is the title of a booklet just issued by the publishers and appearing over the pen-name of "Adam Smith."

The booklet, which is illustrated with charts based on United States figures, traces the course of wages paid by industry and on the farm for jobs of equivalent skill, and shows that when disparity is allowed to exist between the two wage-rates, unemployment results. The author contends that the extent of unemployment will bear an exact mathematical relation to the disparity of wages.

It is further argued that, when organized industrial workers are able, through strikers or collective bargaining, to force their wages higher than is equitable, unemployment must result because the products of industry become too expensive for the farmer to buy, sales fall off, and factory hands are dismissed or put on part time because of decreased production.

"The intent of all labor laws," the author states, "should be to implement the law of supply and demand, and prevent either labor or capital from hampering it. These laws should enable the wage earners to protect themselves against exploitation, but they should also prevent labor from doing any exploiting."

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